

الِاسْتِمَاعُ إِلَى جَسَدِي

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التعليم فوق الجميع | education above all

Level 2



لَنْ أَذْهَبَ إِلَى الْمَدْرَسَةِ الْيَوْمَ.



إِنَّهَا عُطْلَةٌ!



لَنْ أُشَاهِدَ التِّلْفَازَ الْيَوْمَ.



لَيْسَتْ هُنَاكَ كَهْرُبَاءُ عَلَى أَيَّةِ حَالٍ.



مَاذَا سَأَفْعَلُ؟



سَأَسْتَمِعُ الْيَوْمَ إِلَى جَسَدِي!



أَوَّلًا، يَجِبُ أَنْ أَكُونَ هَادِئَةً، هَادِئَةً جِدًّا.
لِأَتَمَكَّنَ مِنَ الِاسْتِمَاعِ إِلَى جَسَدِي.



أَسْتَطِيعُ الْآنَ سَمَاعَ صَوْتِ نَفَسِي.
شَهِيقٌ... زَفِيرٌ... شَهِيقٌ... زَفِيرٌ...



وَأَسْتَطِيعُ أَنْ أَجْعَلَ صَوْتَ نَفَسِي أَكْثَرَ إِزْعَاجًا... زِزْزْزْ!
وَأَكْثَرَ انْخِفَاضًا... مِمْمْمْ.



أَسْتَطِيعُ الْآنَ سَمَاعَ قَلْبِي يَنْبِضُ!
دُومْ، دُومْ، دُومْ.



هَلْ أَسْتَطِيعُ جَعْلَ قَلْبِي يَنْبِضُ بِسُرْعَةٍ وَبِصَوْتٍ أَعْلَى؟
نَعَمْ، بِالْقَفْزِ لِأَعْلَى وَلِأَسْفَلَ 20 مَرَّةً.



هَلْ تَرَوْنَ؟ يَنْبِضُ قَلْبِي بِشَكْلٍ أَسْرَعَ.
دُومْ، دُومْ، دُومْ!



وَإِذَا وَضَعْتُ أَصَابِعِي عَلَى مِعْصَمِي
أَسْتَطِيعُ سَمَاعَ نَبْضِي!



وَأَسْتَطِيعُ سَمَاعَ صَوْتِ ضَحِكِي
هَاهَا هَاهَا هَاااهَا هَاا!



وَصَوْتِ بُكَائِي
إِهِئْ إِهِئْ!



وَصَوْتِ تَصْفِيقِي

صَفِقْ صَفِقْ.



وَالْأَهَمُّ مِنْ ذَلِكَ - أَسْتَطِيعُ سَمَاعَ صَوْتِ مَعِدَتِي الْفَارِغَةِ
قُرْ قُرْ قُرْ...



وَأَقُولُ:
أَطْعِمُونِي، أَطْعِمُونِي.



وَيَسْتَطِيعُ أَنْفِي شَمَّ رَائِحَةِ قَلْيِ حَلْوَى الزَّلَابْيَةِ فِي الْمَطْبَخِ.



مِنَ الْمُمْتِعِ الِاسْتِمَاعُ إِلَى جَسَدِي.
الْآنَ أُرِيدُ سَمَاعَ صَوْتِ مَضْغِي لِلطَّعَامِ.



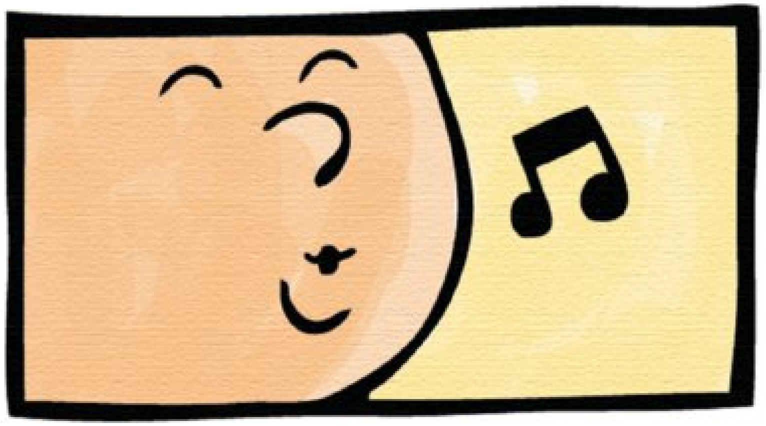
وَصَوْتِ مَعِدَتِي تَلْتَهِمُ الزَّلَابْيَةَ السَّاخِنَةَ الرَّائِعَةَ!

صِلِ الْأَصْوَاتَ مَعَ جُزْءِ الْجَسَدِ الَّذِي يُصْدِرُهَا



الْيَدَانِ

صَفِيرٌ



الشَّفَتَانِ

تَصْفِيقٌ تَصْفِيقٌ



الْقَدَمَانِ

قَبْ قَبْ

Acknowledgements

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الِاسْتِمَاعُ إِلَى جَسَدِي

(Arabic)

كُلٌّ مِنَّا لَدَيْهِ جَسَدٌ رَائِعٌ، وَلَكِنْ هَلْ سَبَقَ لَكَ أَنِ اسْتَمَعْتَ إِلَى مَا يُخْبِرُكَ بِهِ جَسَدُكَ؟

This is a Level 2 book for children who recognize familiar words and can read new words with help.